



SEMINAR 2

Neuroscience of Self-Management
Under Stressful Situations

COMMANDER
OLIVER HOMSY

+357 99 748 849 www.aucy.ac.cy
+357 24 209 000 info@aucy.ac.cy

COURSE OVERVIEW

In a fast-paced, high-pressure world, effective self-management is a critical skill. This 20-hour online course combines neuroscience, psychology, and practical tools to help participants improve focus, emotional regulation, discipline, and resilience under stress.

Participants will gain actionable, science-backed strategies to manage distractions, reduce procrastination, regulate stress in real time, and build sustainable routines for long-term performance in work and life.

COURSE STRUCTURE

- Total Duration: 20 hours
- Format: Online
- Schedule: Wednesdays & Fridays, 19:00 –21:00
- Dates: 4, 6, 11, 13, 18, 20, 25 & 27 February | 4 & 6 March
- Language: English

CERTIFICATION

Participants who attend all sessions will receive a Certificate of Attendance issued by the American University of Cyprus (AUCY).

AMERICAN UNIVERSITY OF CYPRUS (AUCY)

Department of Continuing Education

KEY LEARNING BENEFITS

By the end of the course, participants will be able to:

- Understand how the brain manages stress, focus, motivation, and emotional control
- Reduce procrastination and improve discipline using neuroscience-informed techniques
- Regulate stress and emotional reactivity through breathing and physiological tools
- Strengthen focus and attention in demanding, distraction-heavy environments
- Build sustainable habits and routines for long-term productivity and self-discipline
- Apply self-management strategies across work, leadership, studies, and personal life

INSTRUCTOR

Commander Oliver Homsy
Head of Education & Training Department

FEES & ORGANISATION

Fee: €300
Organising / Accrediting Body: American University of Cyprus (AUCY)

KEY TOPICS COVERED

- Neuroscience of self-control, stress, and attention
- Willpower, habits, and motivation
- Attention management in a distracted world
- Energy, sleep, and nutrition for brain performance
- Emotional regulation under pressure
- Breathwork and nervous system regulation
- Journaling, cognitive reframing, and self-awareness
- Identity, leadership, and long-term discipline
- Personal Self-Management Blueprint

WHO SHOULD ATTEND

Ideal for:

- Working professionals, managers, and team leaders
- University students and young professionals
- Entrepreneurs and business owners
- Educators, coaches, and trainers
- Individuals seeking improved focus, emotional stability, and performance

